

Chapter 10: What is Cooking

Question 1:

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Look at the picture. Colour the spaces which have dots in them. What do you see?

_____ , _____ , _____ , _____
_____ , _____ , _____ , _____



Answer:



We see—

Pressure cooker, Ladle, Pan, Skimmer spoon, *Roti Tava*, Pot, Spatula, Wok or *kadhai*.

Question 2:

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In the picture, you must have found some utensils that are used for cooking. Are there any other utensils used in your house for cooking? Which are they?

_____, _____, _____, _____.

Answer:

We also use the following utensils for cooking—

Spoon, knife, chopping board, sieve, bowl, fork, saucepan, etc.

[Students should mention their experience based on the above lines.]

Question 3:

What are utensils made of?

_____, _____, _____, _____.

Answer:

Utensils are made of stainless steel, copper, cast iron, aluminium, copper, bronze, glass, and wood.

Question 4:

Ask some elderly people what kind of utensils were used earlier. What were they made of?

Answer:

My grandmother told me that earlier, the utensils used in the kitchens were bigger and mainly made of cast iron, brass, and copper. People also used earthen utensils.

[Students should mention their experience based on the above lines.]

Question 5:

We do not cook all the things that we eat. Find out which things we eat raw and which ones we cook before eating. Which are the things we eat both cooked and raw? Fill in the table given below.

Things that are eaten raw	Things that are eaten cooked	Things that are eaten both raw and cooked

Answer:

Things that are eaten raw	Things that are eaten cooked	Things that are eaten both raw and cooked
Carrot	Fish	Tomato
Groundnuts	Chicken	Cabbage
Apple	Eggs	Onion
Watermelon	Mushroom	Berries
<i>Amla</i>	Brinjal	Gram (<i>Chana</i>)

Question 6:

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Go to the kitchen and observe something being cooked. What all was done to cook it? Write the sequence. Don't forget to write the name of the item being cooked. Look at the notebook of your classmates and discuss in a group.

Name of the item _____

1. _____, 2. _____, 3. _____
4. _____, 5. _____, 6. _____

Answer:

Name of the item – Egg omelette

1. Collect the ingredients— two fresh eggs, onion, tomato, green chilli, coriander, spices, oil, salt, and a flat frying pan.
2. Wash the green chilli, tomato, and coriander thoroughly.
3. Peel the onion, wash it and then chop the onion, tomato, chilli and coriander finely.
4. Crack the eggs, add the chopped ingredients, a pinch of turmeric powder, chilli powder, and salt, and mix it well.
5. Ask your parent to turn on the gas and pour little oil when the pan becomes hot.
6. Pour the mixture made in step 4 over the frying pan. Spread it evenly.
7. Wait for a minute or two, then flip it to fry the other side.
8. Your Egg omelette is ready.

[Students should mention their experience based on the above lines.]

Question 7:

Given below are different methods of cooking. Write the names of two things cooked by each of these methods. Add some more methods of cooking to the list and give examples too.

Method of cooking	Name of the thing	
Roasting		
Boiling		
Frying		
Baking		

Answer:

Method of cooking	Name of the thing	
Roasting	Chicken	Vegetables
Boiling	Eggs	Potato
Frying	<i>Papad</i>	<i>Pakoda</i>
Baking	Cake	Cookies
Steaming	Rice	Dal
Grilling	Paneer	Fish

Question 8:

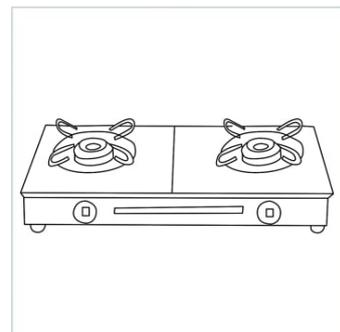
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What is used to cook food in your house? Draw a picture in the notebook and write its name.

Answer:

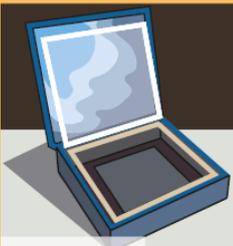
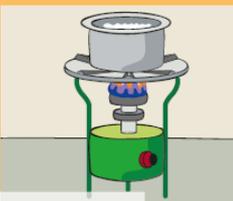
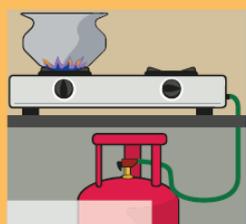
We use a gas stove in our house for cooking food.

[Students should mention their experience based on the above lines.]

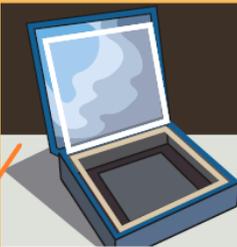
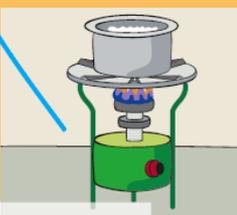
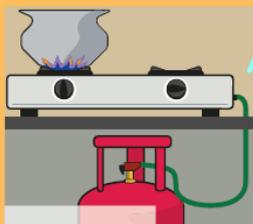


Question 9:

Identify the pictures given below and write their names. What produces heat in each of them? Match the picture with the list. Matching can be with more than one thing also.

	<p>Kerosene Oil</p> <p>Coal</p> <p>Electricity</p> <p>Gas</p> <p>Wood</p> <p>Sunlight</p> <p>Cowdung cakes</p>	
		
		

Answer:

	<p>Kerosene Oil</p> <p>Coal</p> <p>Electricity</p> <p>Gas</p> <p>Wood</p> <p>Sunlight</p> <p>Cowdung cakes</p>	
		
		

Make and Eat

Question 1:

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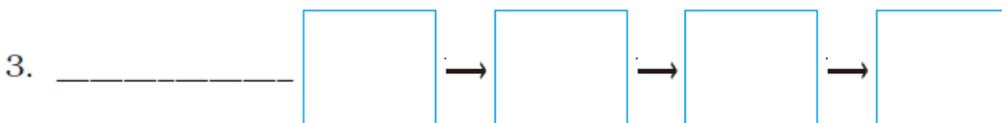
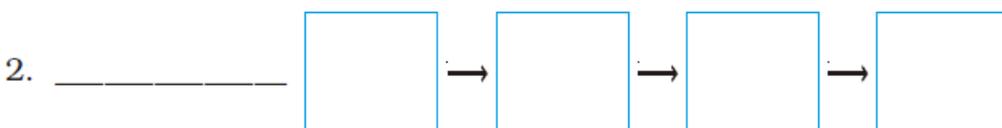
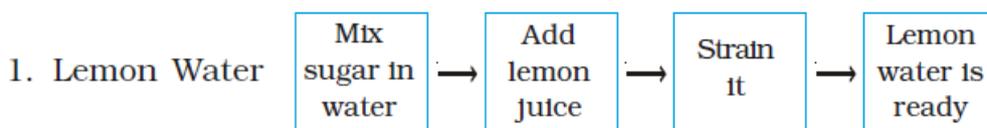
Soak whole *moong* seeds overnight in water. In the morning wrap the soaked moong in a wet cloth and cover it. Take it out after a day. Do you find any difference?

Answer:

Yes, now the soaked whole *moong* seeds look different. Before soaking, the seeds were hard, dry, and small in size. After soaking, seeds have become soft, wet, gummy, and slightly bigger in size.

Question 2:

Which are the other things you can prepare without cooking? Write their names and the method of preparing them. One example is given below.

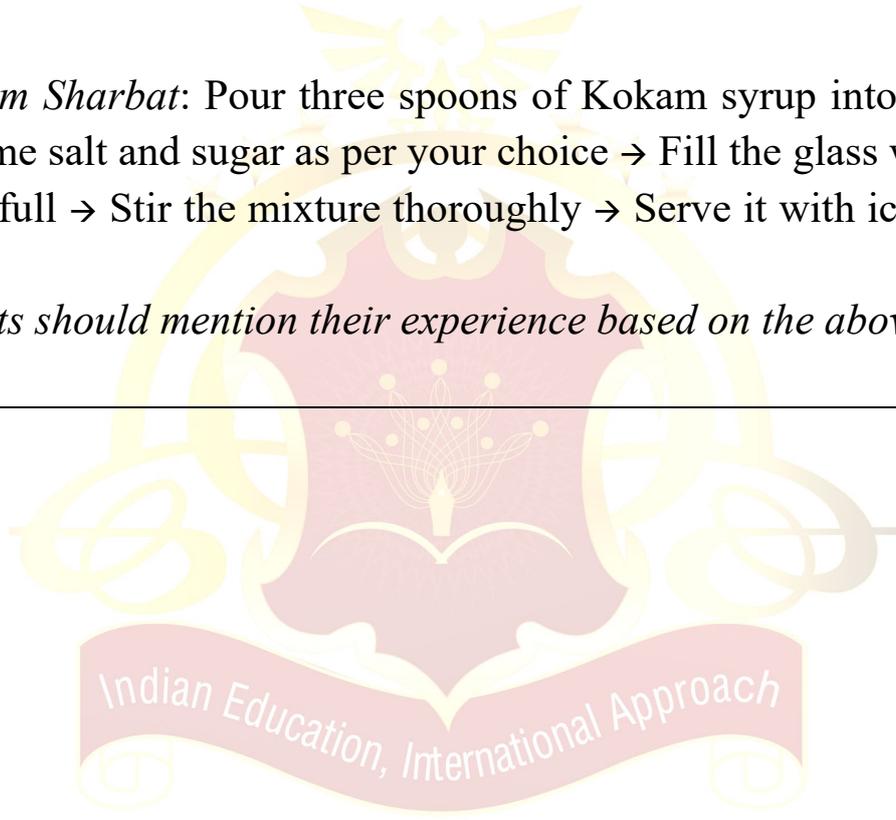


Answer:

1. Fruit *Chaat*: Take fruits of your choice and wash them properly → Cut them into bite-sized pieces → Add some salt, black pepper, *chaat* masala, and a little bit of red chili powder over it → Mix well and serve fresh.

2. *Kokam Sharbat*: Pour three spoons of Kokam syrup into a glass → Add some salt and sugar as per your choice → Fill the glass with water till it is full → Stir the mixture thoroughly → Serve it with ice cubes in it.

[Students should mention their experience based on the above lines.]



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